

# Common warning signs of arthritis

Arthritis has name recognition, even among people who are not suffering from it. Despite that recognition, arthritis is not as well understood as one might think.

According to the Arthritis Foundation, arthritis is not a single disease, but rather an informal way of referring to joint pain or joint disease. In fact, the term "arthritis" is so wide-ranging that it actually refers to more than 100 types of conditions.

Despite that complexity, arthritis often produces four important warning signs, regardless of which type of arthritis a person may have.

## 1. Pain

The Arthritis Foundation notes that arthritis-related pain may be constant or intermittent. One common misconception about

arthritis pain is that it only occurs during, or shortly after, a body is at rest. However, arthritis-related pain can occur while the body is at rest and is not always triggered by an activity that incorporates a part of the body affected by arthritis. In addition, pain from arthritis can be isolated to one area of the body or affect various parts of the body.

## 2. Swelling

Skin over the joints affected by arthritis may become red and swollen. This skin also may feel warm to the touch. The Arthritis Foundation advises anyone who experiences this swelling for three days or longer or more than three times per month to contact a physician.

## 3. Stiffness

This warning sign is, along with pain, the one that is most often associated with arthritis, even by people who don't suffer from the condition. Stiffness when waking up in the morning or after long periods of being sedentary, such as sitting at a desk during the workday or taking a long car ride, can be symptomatic of arthritis, especially if the stiffness lasts an hour or longer.

## 4. Difficulty moving a joint

The Arthritis Foundation notes that people should not experience difficulty moving, such as when getting out of bed. People who experience such difficulty may have arthritis.

People who recognize any of these warning signs should report them to their physicians immediately.

Be as specific as possible when describing these symptoms, as specificity can help physicians design the most effective course of treatment.



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# Now is the time for a personal bath towel

## ILLNESSES

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Make sure to keep the disinfectant visibly wet on the surface for the "dwell time" recommended on the label instructions to fully

kill the germs.

### • Consider color coding.

Use microfiber cloths, which don't harbor germs like porous sponges do, with different colors for cleaning each room of the house to prevent the spread

of germs from one area to another.

### • Keep your distance.

Sick individuals should stay away from others as much as possible. Now might be the time to use a guest bedroom for spouses who normally

share a bed. Designate a separate bathroom for healthy individuals. Do not touch hands, hug or kiss others while you are ill. Kaiser Foundation Health Plans also suggests hygiene techniques like coughing

or sneezing into a tissue or sleeve to trap the virus.

### • Use personal bath towels.

Do not share towels and linens with others while sick. Now is the time for a personal bath towel or bathrobe for showering

and drying hands, offers Meridian Health.

It can be difficult to avoid spreading disease when one member of a household is sick. But with proper hygiene and diligence, illnesses can be contained.

## LEGALS

(continued from page 10)

BEGINNING RUN SOUTH 630 FEET; THENCE RUN WEST 441.16 FEET TO THE GULF OF MEXICO; THENCE RUN SOUTHEASTERLY ALONG SAID GULF THRU A CHORD BEARING AND DISTANCE OF SOUTH 36 DEGREES 59 MINUTES EAST 196.52 FEET; THENCE RUN EAST 1035.56 FEET TO THE WESTERLY R/W LINE OF STATE ROAD NO 361; THENCE RUN NORTH 16 DEGREES 16 MINUTES 05 SECONDS WEST ALONG SAID R/W LINE 141.04 FEET TO THE POINT OF CURVATURE OF A 5679.65 FOOT RADIUS CURVE TO THE LEFT; THENCE RUN ALONG THE ARC OF SAID R/W CURVE THRU A CHORD BEARING AND DISTANCE OF NORTH 17 DEGREES 43 MINUTES 44 SECONDS WEST 294.00 FEET TO THE POINT OF TANGENCY OF SAID R/W CURVE; THENCE RUN NORTH 19 DEGREES 12 MINUTES 45 SECONDS WEST ALONG SAID R/W LINE 357.06 FEET TO THE POINT OF CURVATURE OF A 1096.28 FOOT RADIUS CURVE TO THE LEFT; THENCE RUN ALONG THE ARC OF SAID R/W CURVE THRU A CHORD BEARING AND DISTANCE OF NORTH 20 DEGREES 10 MINUTES 07 SECONDS WEST 36.58 FEET; THENCE RUN WEST 453.46 FEET TO THE POINT OF BEGINNING.

This action has been filed against you and you are required to serve a copy of your written defense, if any upon Plaintiff's Attorney, Ray Curtis, The Curtis Law Firm, P.A., 103 North Jefferson Street, Perry, FL 32347, within thirty days after the first publication of this notice, and to file the original with the Clerk of the Court either before service on the Plaintiff's attorney or immediately thereafter otherwise a default will be entered against you for the relief demanded in the Complaint.

WITNESS my hand and seal of this Court on April 13, 2020.

Annie Mae Murphy  
CLERK OF THE CIRCUIT COURT  
By Marti Lee  
As Deputy Clerk  
4/22, 4/29

IN THE CIRCUIT COURT OF THE THIRD JUDICIAL CIRCUIT IN AND FOR TAYLOR COUNTY, FLORIDA PROBATE DIVISION CASE NO.: 2020-CP-168

IN RE: ESTATE OF LANELL B. MCKINNEY, Deceased.

NOTICE TO CREDITORS PLEASE TAKE NOTICE that the administration of the estate of LANELL B. MCKINNEY, deceased, whose date of death was April 11, 2020, and whose Social Security Number was \*\*\*\*-\*\*-9513, is pending in the Circuit Court for Taylor County, Florida, Probate Division, the address of which is 108 N. Jefferson Street, Perry, FL 32347. The name and address of the Personal Representative and the Personal Representative's attorney are set forth below.

All other creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claim before the Court WITHIN THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claim with this Court WITHIN 3 MONTHS AFTER THE DATE OF

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IN THE CIRCUIT COURT, THIRD JUDICIAL CIRCUIT, IN AND FOR

TAYLOR COUNTY, FLORIDA IN RE: The Estate of PROBATE DIVISION CASE # 19-524CP

SANDRA JEAN SOUZA Decedent.

NOTICE TO CREDITORS

The administration of the estate of SANDRA JEAN SOUZA, deceased, whose date of death was September 12, 2016, File #19-622CP, is pending in the Circuit Court for Taylor County, Florida, Probate Division, the address of which is Post Office Box 620, Perry, Florida 32348. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court WITHIN THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THIS NOTICE.

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN

SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED.

NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.

Allen Souza  
30 Mangum Close Road  
Perry, FL 32347

ANGELA M. BALL, Attorney for Petitioner  
FL BAR NO.: 0796557  
Post Office Box 734  
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